



Head Injury Prevention

BCBSM has awards grants up to \$5,000 to assist community organizations in their efforts to encourage use of bike helmets. In 2001 and 2002, the Blues have funded helmet fittings for over 6,500 children statewide.

We also offer discounts on bicycle helmets and other safety-related products through our [BlueSafe](#) program.

Bike helmet tips

- A protective helmet is a necessity - not an accessory. Wear it every time you ride a bicycle, scooter or inline skates.
- Wear your helmet correctly - low on your forehead just above your eyebrows. Set it flat on your head evenly between your ears. Tighten your chin strap and adjust the pads inside so your helmet doesn't move.
- Buy a helmet that meets US Consumer Product Safety Commission (CPSC) safety standards. (Look for that label inside the helmet or on the box.)

Encouraging your child to wear a helmet

- Begin the helmet habit with the first bicycle, scooter or skating adventure.
- Let your child pick out a cool-looking helmet.
- Insist your child wear a helmet every time.
- Praise and reward each time he or she wears it.
- When you ride together, wear your own helmet. Children are more likely to wear a helmet if riding or skating with friends or parents who also wear helmets.

Apply now for a bike helmet grant

Grants will be given to organizations that agree to properly fit helmets and provide safety education to parents and children. For more details, please review the [program summary](#) (149K). To apply for a grant for your organization, please complete and submit the [online application](#) and fax to Brenda Jegede at (313) 225-0283.

Agencies funded in 2002

The [funded agency list](#) (50K) is available in PDF form. To download or view, you'll need Adobe Acrobat Reader.